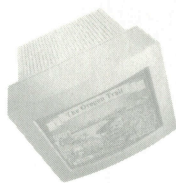
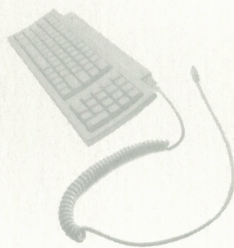
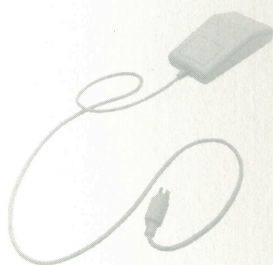


Nutrition Nabber

No. A-330
Instructional Computing Courseware
for Apple® II Series Computers



mecc

for the love of learning

Nutrition Nabber

No. A-330
Instructional Computing Courseware
for Apple® II Series Computers



for the love of learning

This manual is compatible
with
the *Nutrition Nabber* disk
Version 1.x

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6160 Summit Drive North
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ISBN 0-7929-0261-0

February 1993

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Library of Congress Cataloging-in-Publication Data

Nutrition nabber [computer file]. — Version 1.0.

1 computer disk : col. ; 3 1/2 in. + 1 manual.
System requirements: Apple II series computer; 128K;
ProDOS; 1 floppy disk drive; color monitor
(recommended).

Title from title screen.

Ed. statement from disk label.

Copy-protected.

Audience: Grades 2-6.

Issued also on 5 1/4 in. computer disk.

Summary: Teaches students to identify healthy foods
and specific food groups, as well as those foods that
are the best sources of a specific nutrient. Also helps
children learn to identify foods and ingredients that
are linked to sugar and fat.

"A-330"—Disk label.

1. Nutrient—Juvenile software. [1. Nutrition—Software.

2. Food—Software]. I. Minnesota Educational

Computing Corporation.

[QP141]

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ISBN 0-7929-0261-0



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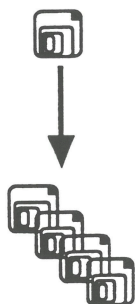
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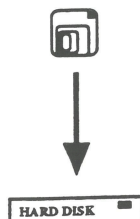
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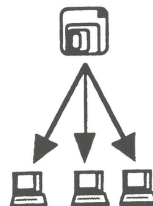
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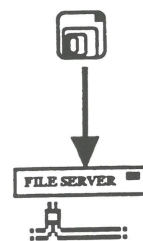
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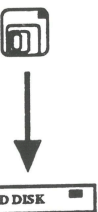
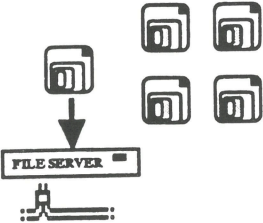
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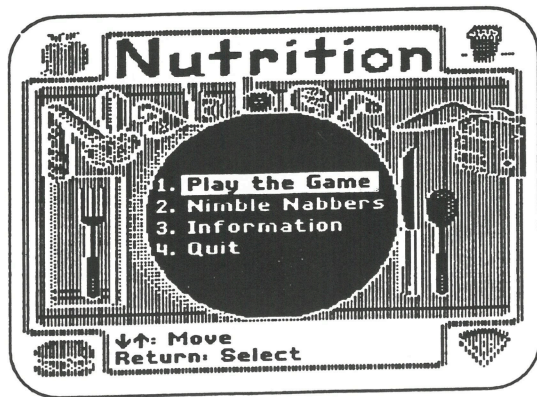
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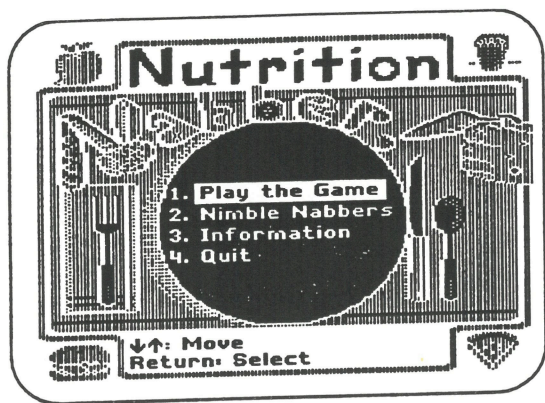
The Product at a Glance



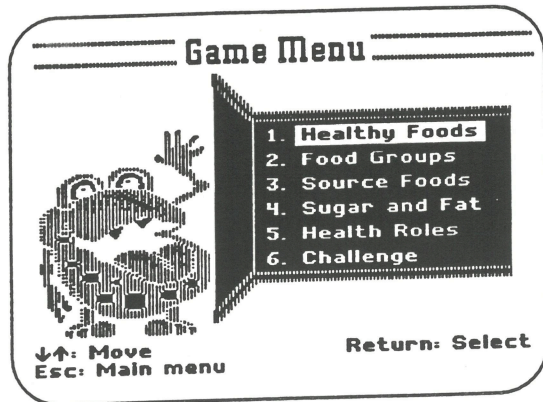
Title:	<i>Nutrition Nabber</i>
Subject:	Health
Topic:	Nutrition
Grade Range:	2-6
Program Type:	Educational game
Required Hardware:	Apple II series computer with 128K of memory and one disk drive; color monitor recommended
Classroom Use:	Individual student
Learning Objectives:	• to identify the healthiest foods • to identify foods that belong to a specified food group • to identify foods that are the best sources of a specified nutrient • to identify foods and ingredients linked to sugar and fat • to identify foods that are associated with a specified body function

The Product in Detail

Nutrition Nabber provides an entertaining environment in which students practice with several concepts related to nutrition. Students may select a concept to work on and can choose whether they want to play with a timer. Teachers may adjust many aspects of the games by using the Management Options (see pages 5-7).



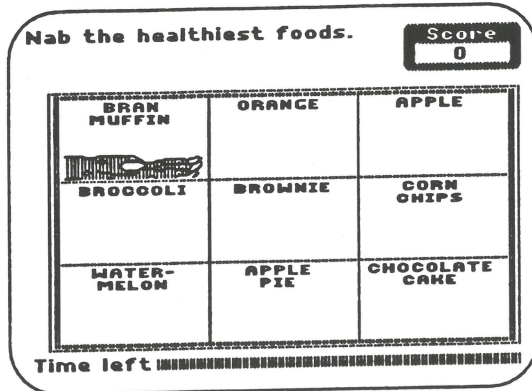
From the Main menu, students select Option 1, Play the Game, to begin.



Students are shown a list of the games they may select (from those that are turned on in the Management Options). They then select one of the games.

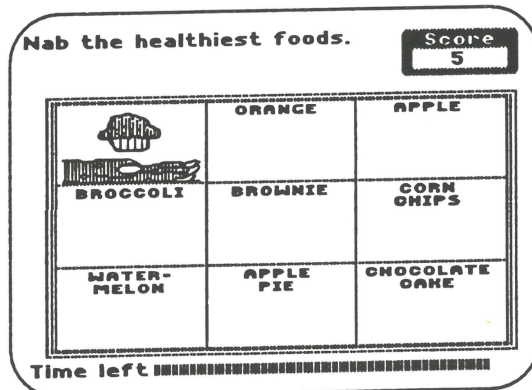
After selecting a game, students are asked if they want to use a timer.

Using the Program with a Timer

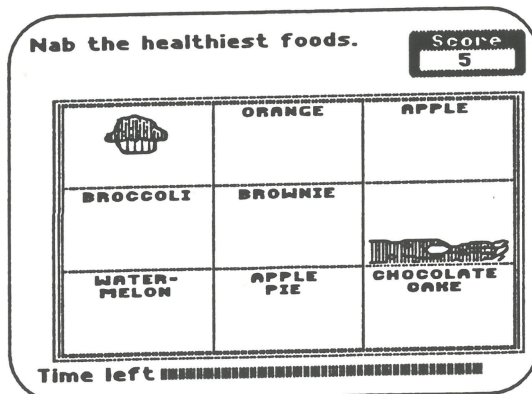


At the top of the screen are instructions telling the students which food words to nab.

Students use the arrow keys; the J, K, I, and M keys; or the joystick to move the hand around the screen. They press the Space Bar to nab a food word.

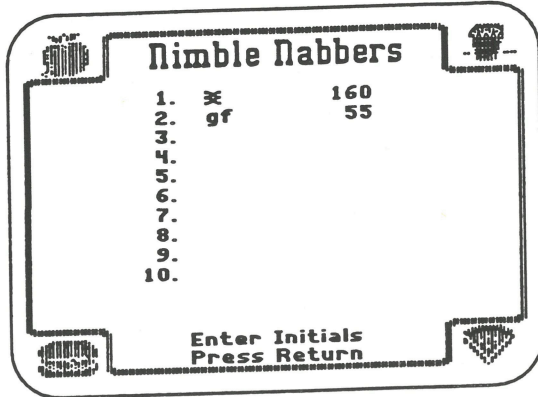


When students nab a food word that meets the criterion in the instructions, the hand closes and then re-opens. The word is replaced by a graphic of the food, and points are added to the students' scores.



If students try to nab a food word that does not meet the criterion in the instructions, the hand closes and then re-opens, showing that the food word has disappeared. No points are added to the score.

If three incorrect words are chosen in succession, the game ends and a message appears suggesting that students try another activity.



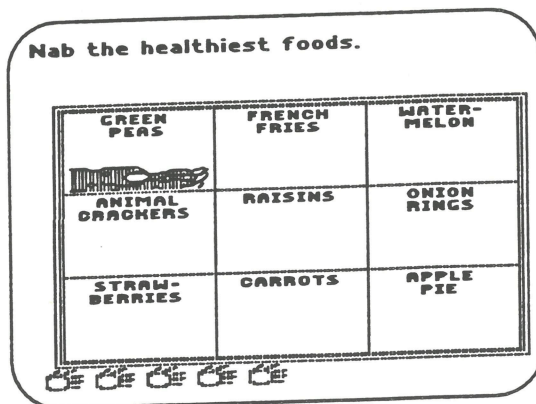
Students may continue to play the game until the timer runs out. If their final score is higher than any score currently in the Nimble Nabbers list, students can enter their initials on the list. The teacher can delete all entries on the Nimble Nabbers list by using the Management Options (see pages 5-7).

After students complete a game, they are returned to the Game menu, where they can choose another game or press the Escape key to display the Main menu.

Using the Program Without a Timer

Students may choose to play the game without a timer if they prefer a slower-paced activity.

If students play without a timer, points are not kept. In most other respects, the game is played just as described above.

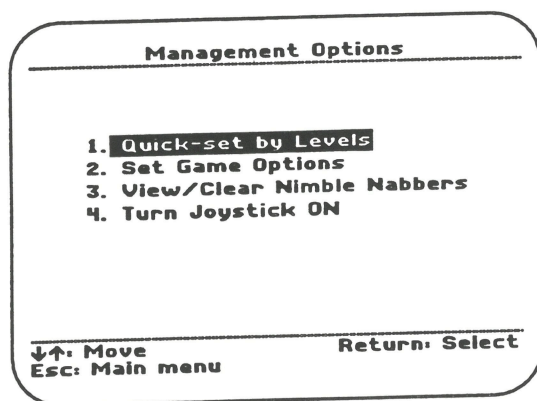


When a timer is not used, the game screen contains no reference to points and has up to ten hands along the bottom of the screen in place of the timer. The number of hands indicates the number of screens that the teacher has set for the students to play (see pages 5-7).

Management Options

The Management Options in *Nutrition Nabber* allow the teacher to view and clear the high-score list, to turn the joystick option on and off, and to set variables that affect the games available to the students.

The variables over which the teacher has control are the games that the students see on the Game menu, the vocabulary level of the food words used in the **Healthy Foods** game, and the number of screens the students work through when the timer is not selected.



To access the Management Options menu, press Control-A when the Main menu is displayed.

Options 1 and 2 are ways to set the variables that govern how *Nutrition Nabber* operates. You may set these individually for each of the six games included. The variables are as follows:

- *On/Off* determines whether the game will be available to the student. You must have at least one of the games set to "On."
- *Number of Screens* determines how many screens will be presented to students if they choose to play without a timer. The range for this variable is 1 to 10.
- *Vocabulary Level* determines the pool of food words that is used in the **Healthy Foods** game. Setting the variable to "Lower" means that the only words used in the game will be those that a majority of second graders will already know. Setting the variable to "Higher" means that all available food words may appear in the game.

If you wish to set these variables individually, use Option 2, Set Game Options.

You may quickly set the variables for a particular grade level by using Option 1, Quick-set by Levels. If you use this option, you accept MECC's estimation of the correct settings for your students.

Management Options

Some teachers may like to use both Option 1 and Option 2. For example, a teacher might select one of the quick-set levels but want to change one of the resulting settings. After selecting the quick-set, he or she can then select Option 2, Set Game Options, and change the desired variable, leaving the others intact.

Quick-set by Levels

You may choose one of these options to quickly set the game options appropriately for a given level:

1. **Grades 2 and 3**
2. Grades 3 and 4
3. Grades 4 and 5

↓↑: Move Return: Select
Esc: Management Options

When you choose the Option 1, Quick-set by Level, you are given a choice of three levels. Highlight the desired level and then press Return to accept MECC's estimation of the correct settings appropriate for students at that level.

These are the settings for each of the three levels:

Level	Games Available	Number of Screens	Vocabulary Level
1	Healthy Foods, Food Groups	5	lower
2	Level 1 plus Food Sources, Sugar and Fat	7	higher
3	Level 2 plus Health Roles, Challenge	10	higher

Management Options

Set Game Options

Games	On or Off	# of Scrns	Vocab Level
Healthy foods	On	5	Lower
Food Groups	On	5	
Source Foods	Off	10	
Sugar and Fat	On	10	
Health Roles	On	10	
Challenge	Off	10	

←→↓↑: Move between cells.
 -+: Change setting.
 D: Use the default setting.
 Esc: Cancel changes.
 Return: Save changes.

Selecting Option 2, Set Game Options, displays the current settings for each of the games. Use the arrow keys to move among the cells and the + (plus) and - (minus) keys to change the setting in the highlighted cell. You may also press the D key to restore the default settings for all cells.

When all settings are made, press the Return key to save the changes. You may press the Escape key to cancel the changes.

View/Clear Nimble Nabbers

1.	sdh	170
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Clear the High Score List? Yes **No**

←→: Move
 Return: Select
 Esc: Management Options

To view or clear the high-score list, select Option 3, View/Clear Nimble Nabbers, on the Management Options menu. A list of the "Nimble Nabbers" will be displayed. The teacher may choose to clear the list.

Management Options

1. Quick-set by Levels
2. Set Game Options
3. View/Clear Nimble Nabbers
4. **Turn Joystick ON**

↓↑: Move
 Return: Select
 Esc: Main menu

Option 4, Turn Joystick On/Off, allows the teacher to indicate whether a joystick may be used with *Nutrition Nabber*.

Classroom Ideas

Prerequisite Skills

Nutrition Nabber gives your students practice in identifying and classifying various concepts related to nutrition. Therefore, you should make sure that students have been introduced to the concepts included in the activities:

- **Healthy Foods** asks students to identify the healthiest of the foods displayed.
- **Food Groups** asks students to identify foods that are members of a specified food group. The food groups are those used in the USDA's Food Pyramid and include:
 - fats, oils, sweets;
 - milk, yogurt, cheese;
 - meat, poultry, fish, dry beans, eggs, nuts;
 - vegetables;
 - fruits;
 - bread, cereal, rice, pasta.
- **Source Foods** specifies a nutrient and asks students to identify the foods that are the best sources. The nutrients used are protein, vitamin A, vitamin C, thiamin, riboflavin, niacin, calcium, and iron.
- **Sugar and Fat** works with various concepts related to sugar and fat. It asks students to identify foods that are the highest or lowest in fat or sugar, sweet foods that are most nutritious, and ingredients that are used instead of sugar (e.g., sucrose, glucose, etc.).
- **Health Roles** asks students to identify foods associated with a specified health role:
 - foods that aid cell growth (highest in protein);
 - foods that help make teeth strong (highest in calcium);
 - foods that build red blood cells and help them work (highest in riboflavin, vitamin C, or iron);
 - foods that help strengthen the skeleton (highest in calcium);
 - foods that help build and maintain muscles (highest in iron or thiamin);
 - foods that help maintain healthy eyes (highest in vitamin A);
 - foods that help keep skin healthy (highest in riboflavin); and

- foods that help maintain the nervous system (highest in niacin or thiamin).

This game builds upon the **Source Foods** game by requiring students to know not only sources of particular nutrients but also the roles that nutrients play in good health.

- **Challenge** presents activities from all the other games, so students should be familiar with all concepts before attempting it.

Preparation

Because *Nutrition Nabber* spans a large set of nutritional concepts, you will want to configure it to work with those concepts familiar to your students and use an amount of information appropriate to their grade level. To do this, you may use the Management Options (see pages 5–7).

1. You may turn the various games on or off so that students may only play those games you have turned on.
2. You may set the number of screens students must complete if they do not use a timer. “Completing a screen” means clearing the 3 × 3 grid of all words that correctly meet the criterion displayed at the top of the screen.
3. You may set the vocabulary level of the **Healthy Foods** game. The “Lower” setting is best for second graders but will result in a smaller variety of words appearing.

Students may choose to play the game with or without a timer. Some students prefer the timer, which provides added pressure as well as the opportunity to join the list of “Nimble Nabbers.” Other students prefer the slower-paced environment of the untimed game.

Demonstrating the Product

We recommend that you demonstrate *Nutrition Nabber* to your students before they work independently. Select a game that is appropriate to their classroom work, and guide your students through a couple of screens by showing them how to move the hand and nab the foods. Ask volunteers to decide whether a food is an example of the target concept. Demonstrate that correct nabs result in the display of a food graphic and that three consecutive incorrect nabs causes the game to end. Show them that they may play with or without a timer and that, if they choose to play with a timer, they earn points that may qualify them for the Nimble Nabbers list.

Food Words

The following is a list of the words included in *Nutrition Nabber*. Those marked with an asterisk (*) are classified as lower-level vocabulary and will be the only ones available for the game **Healthy Foods** if you specify "Lower" as the vocabulary setting in Management Options (see pages 5-7).

albumin
American cheese
angel food cake
animal crackers *
apple *
apple juice *
apple pie *
applesauce *
apricot
ascorbic acid
asparagus
au gratin potatoes
avocado
bacon *
bagel
baked beans
baked potato *
banana *
bean burrito
beef and vegetable stew
beef hash
beef pot pie
beets
benzoic acid
beta-carotene
BHT
biscuit
black-eyed peas
blackberries
blueberries *
blueberry muffin *
blueberry pie
boiled shrimp
bran muffin *
broccoli *
brown sugar
brownie *
Brussels sprouts
butter *

cabbage
cake doughnut
candy bar *
cantaloupe
carrot cake *
carrots *
cauliflower
celery *
cheese enchilada
cheese souffle
cheeseburger
chef's salad
cherries
chicken casserole
chicken chow mein
chicken noodle soup *
chicken pot pie
chicken stir fry & rice
chili
chocolate cake *
chocolate chip cookie *
chocolate cream pie
chocolate milkshake
chocolate pudding *
cinnamon roll
citral
clam chowder
cod
coleslaw
collards
corn chips *
corn dextrin
corn flakes *
corn on the cob *
corn sweetener
corn syrup
corn syrup solids
corned beef
cottage cheese

cranberry juice
cranberry orange relish
cream cheese
cream of tomato soup
cream of wheat
crisp rice cereal
croissant
cucumber *
dandelion greens
deviled egg
dextrose
diet cola
dill pickle *
dried beef
dry-roasted peanuts
English muffin
fish sticks *
frankfurter
French dressing
French fries *
fried chicken *
fried fish sandwich *
fried shrimp
fructose
fudge ice bar
gelatin
glucose
glutamic acid
goose
granola bar
grapefruit *
grapefruit juice *
grapes *
green beans *
green chili pepper
green peas *
green pepper
grits
ground beef patty *

Classroom Ideas

haddock
halibut
ham *
hamburger casserole
hard cooked egg
hazelnuts
honey
honeydew melon
hot dog *
ice cream *
ice cream sandwich
ice milk
ice pop*
instant breakfast
Italian dressing
kale
kidney
kidney beans
lamb
lasagna *
lecithin
lemonade *
lentils
lima beans
liver
low-fat yogurt
macaroni & cheese *
malt
maltose
mango
maple syrup
mashed potatoes *
meatloaf *
mixed nuts
molasses
mozzarella cheese
MSG
mushrooms
mustard greens
nectarine
oatmeal *
oil & vinegar dressing
okra
onion rings *
orange *
orange juice *
orange oil
papaya
parsley
parsnips
peach

peanut butter *
peanut butter cookie *
peanut butter sandwich *
pear
pecan pie
pectin
perch
pineapple
pinto beans
pizza with everything *
plum
popcorn *
pork chop *
pork link sausage
pork roast
potato chips *
pretzels
pudding *
quiche
raised doughnut
raisin bran
raisins *
raspberries
regular cola
rib eye steak
roast beef *
roast beef sandwich
roasted chicken
roasted duck
rutabagas
salmon
saltine crackers
sauerkraut
shredded wheat cereal
sirloin steak
skim milk *
sodium benzoate
sorbic acid
soybean casserole
spaghetti & meat balls *
Spanish rice
spinach
strawberries *
strawberry pie
stuffed green pepper
submarine sandwich
sucrose
sugar *
summer squash
sunflower seeds
sweet potato

sweetened iced tea
Swiss chard
Swiss cheese
2% chocolate milk *
2% milk *
T-bone steak
taco *
tofu
tomato *
tomato juice
tortilla chips
tossed salad
trout
tuna *
tuna casserole
tuna salad
turkey *
turkey sandwich
turnip greens
unsweetened iced tea
vanillin
vegetable juice
waffle *
walnuts
watercress
watermelon *
wheat germ
white bread *
white rice
whole milk *
whole wheat bread
winter squash
yellow cupcake *
zucchini

Textbook Correlation

The programs in *Nutrition Nabber* support objectives related to the study of nutrition in Grades 2–6. The following charts correlate the objectives of five elementary science textbook series (Addison-Wesley; Holt; Kendal/Hunt BSCS; Merrill; Scott, Foresman). You can use these correlations to identify the best times to use *Nutrition Nabber* to reinforce your classroom instruction.

Addison-Wesley 1989—Science (3)

Chapter 13: Why You Need Food

Page	Program(s)
298–301	Source Foods, Health Roles
305	Food Groups
306	Sugar and Fat

Holt 1989—Science (3)

Chapter 19: Health

Page	Program(s)
346–348	Healthy Foods, Source Foods
349–351	Food Groups

Holt 1989—Science (4)

Chapter 20: Health

Page	Program
394	Health Roles
395	Sugar and Fat

Kendal / Hunt BSCS 1992—Patterns and Predicting (3)

Unit 4: Nutrition and Dental Care

Page	Program(s)
265–269	Healthy Foods
278–280	Source Foods, Health Roles
294–300	Sugar and Fat
310	Healthy Foods
311–318	Sugar and Fat

Merril 1989—Science (3)

Unit 8: Health and the Environment

Page	Program(s)
296	Healthy Foods, Sugar and Fat
298–299	Food Groups

Merril 1989—Science (4)

Unit 9: Growing Up Healthy

Page	Program(s)
336–353	Health Roles, Source Foods
346–350	Food Groups
339–342	Sugar and Fat

Merril 1989—Science (5)

Unit 4: Human Body Systems

Page	Program(s)
136	Health Roles
158	Health Roles

Merril 1989—Science (6)

Unit 5: Inside the Body

Page	Program(s)
224–232	Health Roles
234–235	Food Groups

Scott, Foresman 1989—Discover Science (3)

Unit 4: The Human Body

Page	Program(s)
294–295	Food Groups
297	Sugar and Fat

Scott, Foresman 1989—Discover Science (4)

Unit 4: The Human Body

Page	Program(s)
338–339	Food Groups, Source Foods, Health Roles

Presentation Materials

Introduction

This section is designed for instructional computing coordinators, curriculum coordinators, training specialists, and other educators who want a quick yet detailed review of *Nutrition Nabber*. These materials can be used as leaders' pages for staff-development workshops or for individual study.

Organization

There are two subsections—Product Information and Product Demonstration.

The Product Information subsection has two parts—Overview and Features. Each part consists of a copy master that you can use to make transparencies or handouts and, on the flip side, suggested commentary that you can use in a presentation.

The Product Demonstration subsection contains step-by-step instructions for demonstrating *Nutrition Nabber*, with simple notes on what to do, what you will see, and what to explain. It can also be used as a self-study guide.

To prepare for a workshop demonstration, sit down at your computer and go through the Product Demonstration once or twice. The step-by-step instructions are written with the assumption that you know how to use an Apple computer. Feel free to edit the notes. The Product Demonstration is designed to show the essentials of the product as concisely as possible. If you want to prepare a more in-depth demonstration, you can consult previous sections of this manual.

Planning Your Time

You can use these materials for a range of activities:

<i>1-Minute Spot</i>	Use the Overview transparency for a quick overview of the product.
<i>5-Minute Overview</i>	Use the Overview transparency with its accompanying commentary for a more detailed overview of the product.
<i>10-Minute In-Depth Review</i>	Use the Overview and Features transparencies with their accompanying commentary for an in-depth product review.
<i>20-Minute Walk-Through</i>	Add the Product Demonstration section to the 10-Minute In-Depth Review for a product walk-through.
<i>60-Minute Hands-On Review</i>	Do the 10-Minute In-Depth Review, then give the Product Demonstration section to the participants for a hands-on review.

Equipment Required

If you make transparencies of the Overview and Features masters, you'll need an overhead projector.

If you intend to use the Product Demonstration in a workshop, a display device such as a large-screen color monitor or LCD palette is very helpful.

If you want workshop participants to use the product, we recommend one computer for every two participants.

Nutrition Nabber

Product Information—Overview

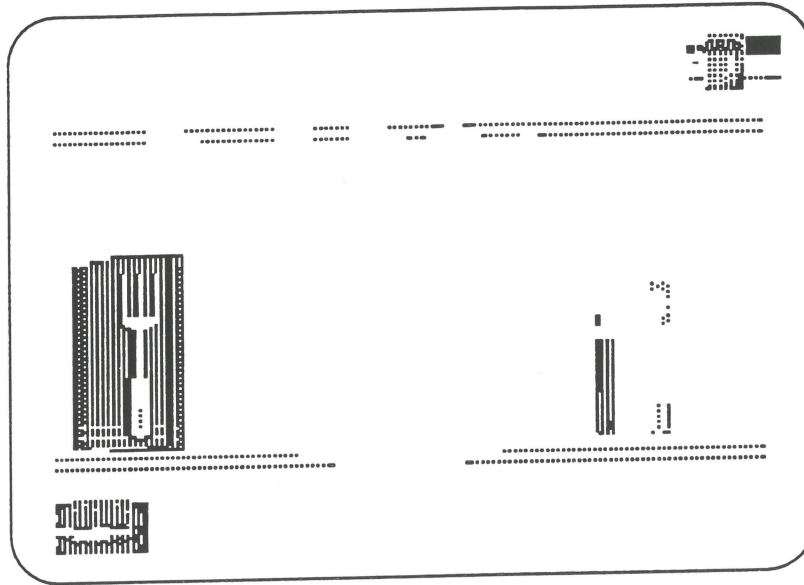
An educational game in which students practice concepts related to nutrition.

Curriculum Area: Science

Grade Levels: 2–6

Subject: Health

Topic: Nutrition



Menu Options

- **Play the Game** allows students to choose a nabbing game
- **Nimble Nabbers** displays the high-score list

Students

- Choose a game and play with or without a timer
- Move a monster's hand around a grid
- Nab foods or ingredients that fit the target criterion
- Enter initials in the Nimble Nabbers list if they earn one of the ten top scores when playing with the timer

Teachers

- Specify the games available to students
- Select the vocabulary level for the **Healthy Foods** game
- Specify the number of screens when students play without a timer
- Inspect and, optionally, erase the high-score list
- Get the most out of *Nutrition Nabber* by using the information provided in the manual

Nutrition Nabber: Overview Commentary

Description

Nutrition Nabber is a set of educational games in which students can practice various nutritional concepts. Students move a monster's hand around a grid and "nab" all the foods or ingredients that meet the specified criterion.

Nutrition Nabber is designed for students in the second- through sixth-grade with reading levels that are average for those grades. Teachers may choose either a low or high vocabulary level for the **Healthy Foods** game.

Nutrition Nabber runs on Apple II series computers with 128K. It can be used on Corvus Omninet, Digicard, and AppleShare networks. A color monitor is recommended.

Menu Options

After students select the **Play the Game** option from the main screen, they are given a menu of games from which to choose. The games on this menu are those the teacher has enabled in the Management Options from this list:

- **Healthy Foods**, in which students identify the healthiest foods
- **Food Groups**, in which students identify foods that belong to a specified food group
- **Source Foods**, in which students identify foods that are the best sources of a given nutrient
- **Sugar and Fat**, in which students identify foods and ingredients linked to sugar and fat
- **Heath Roles**, in which students identify foods that are associated with a given body function
- **Challenge**, which combines activities from the other games

Students

Nutrition Nabber allows students to practice various nutrition concepts in a game-like setting. Playing with or without a timer, students move a monster's hand around a grid and "nab" all the foods or ingredients that fit the target criterion. When students play the game with a timer, they earn points. High scorers earn a spot on the Nimble Nabbers list.

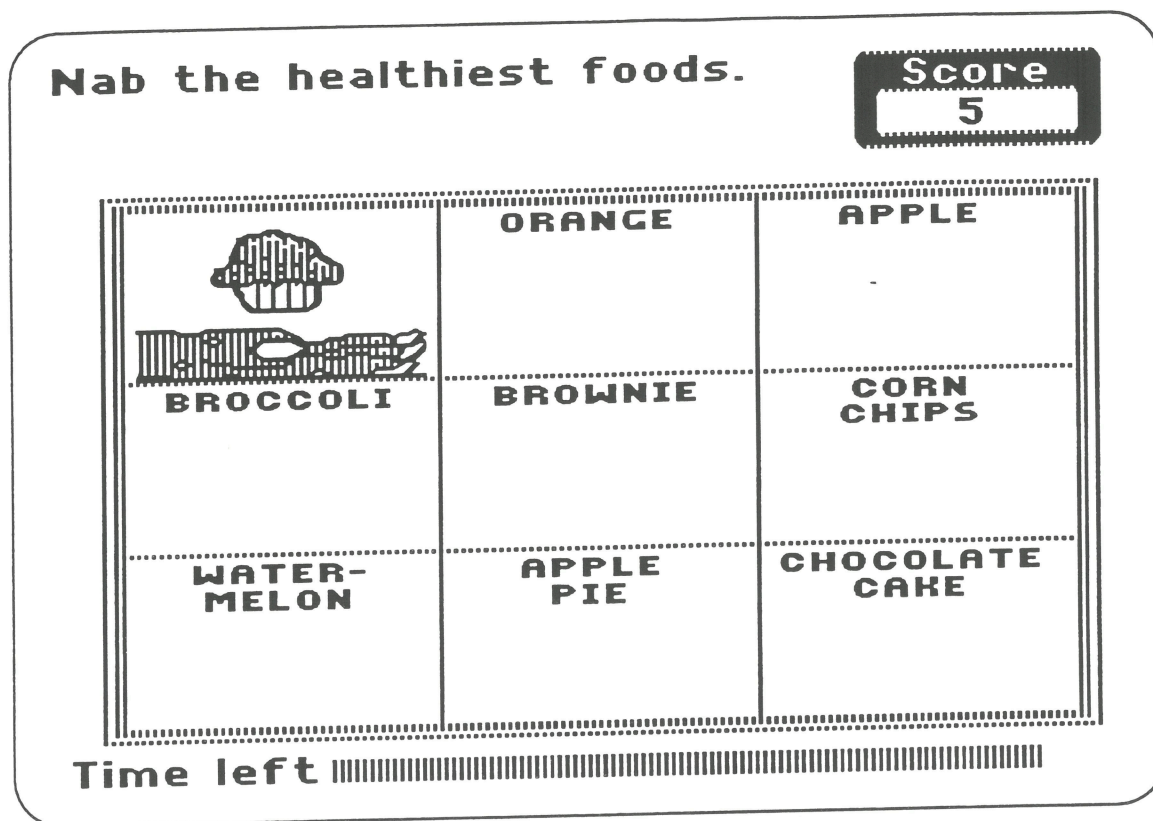
Teachers

Teachers can specify the games available to the students, the number of screens per game when a timer is not used, and the vocabulary level for the **Healthy Foods** game. Teachers can also see and delete the contents of the high-score list (Nimble Nabbers).

Teachers will find that they'll get the most out of *Nutrition Nabber* by using the manual, which contains instructions, textbook correlations, and ideas for classroom use.

Nutrition Nabber

Product Information—Features



A Nutrition Nabber Game Screen

Program Elements

- Practices nutrition concepts in an educational game
- Contains six activities that can be turned on and off
- Contains engaging, colorful graphics and animation
- Gives students immediate feedback
- Uses foods that are recognized by most children
- Rewards success with a spot on the Nimble Nabbers list

Learning Objectives

Students practice identifying:

- Foods that are healthy
- Foods that belong to the six food groups in the USDA's food pyramid
- Foods that are good sources of specified nutrients
- Foods that are high or low in sugar or fat
- Ingredients that mean "sugar"
- Foods that play roles in body development and maintenance

Nutrition Nabber: Features Commentary

Program Elements

Educational Game: In a fast-paced educational game, students “nab” foods or ingredients that meet the specified criterion.

Skills Focus: The six games involve practice with various nutrition concepts.

Graphics and Interface: Clear, bright graphics and animation draw students into this educational game. A simple interface allows students to move quickly around the grid.

Feedback: When students correctly “nab” an item, it is replaced with a graphic. If the “nab” is incorrect, the item is erased.

Vocabulary: A database of items was created using primarily foods that would be recognizable by most children. An effort was made to maintain cultural and geographic diversity, so some foods may be unknown to some children. The manual contains a list of all foods used in *Nutrition Nabber*.

High Score: Students who choose to play with a timer earn points for each correct choice. High scorers earn a spot on the Nimble Nabbers list.

Learning Objectives

These are objectives that are commonly introduced in grades two through six.

Manual

Nutrition Nabber includes a manual that contains complete instructions for using the program, ideas for classroom use, textbook correlations, and more.

Product Demonstration

	Do	See	Explain
1	Start the program	Main menu	Play the Game allows you to choose a game. Nimble Nabbers displays the high-score list. Information displays several screens of introductory information about <i>Nutrition Nabber</i>. Quit lets you exit the program. We'll start this demo by looking at the information screens, then we'll do some nabbing. We'll finish up by looking at the Management Options.
2	Use the arrow keys to highlight Information , and then press Return	First information screen	This is the first of several information screens.
3	Read the screens, pressing the Space Bar to move from one screen to the next	Main menu	The Main menu is displayed after the last information screen. Now let's nab!

**Presentation Materials
Product Demonstration**

	Do	See	Explain
4	Choose Play the Game	Game menu	This menu lists the available games. You can change this list using the Management Options. There are six games in all: • Healthy Foods asks you to identify which foods are healthiest • Food Groups asks you to identify foods that belong to a specified food group • Source Foods asks you to identify foods that are the best sources of a specified nutrient • Sugar and Fat works with various concepts related to sugar and fat • Health Roles asks you to identify foods associated with a specified health role (e.g., foods that aid cell growth, make teeth strong, etc.) • Challenge combines activities from the other games Let's play a game of Healthy Foods.

Presentation Materials
Product Demonstration

	Do	See	Explain
5	With Healthy Foods highlighted, press Return	Would you like to use a timer?	You can choose to play with or without a timer. If you play the game with a timer, you earn points and you might qualify for a spot on the Nimble Nabbers list. If you don't use a timer, you complete from one to ten screens, depending on what's specified in the Management Options (discussed later in this demo). You don't earn points unless you use the timer. First, let's play a game without the timer.
6	With No highlighted, press Return	Game screen	This is the main interaction screen. Your job is to nab foods that match the criterion at the top of the screen.

Presentation Materials
Product Demonstration

	Do	See	Explain
7	Use the arrow keys to move the hand around the screen; press the Space Bar to nab food words	Game screen	When you nab a food that meets the criterion, the hand closes and then re-opens and a graphic of the food appears. When you try to nab a food that doesn't meet the criterion, the hand closes and then re-opens, the words disappear, and no graphic appears. If you make three mistakes in a row, the game ends and you go back to the Game menu. When you're playing without a timer, up to ten hands are displayed at the bottom of the screen. The number of hands indicates the number of screens set in the Management Options. As you complete each screen, a hand fills in.
8	Play a couple of screens, then press the Escape key	Do you really want to quit?	You can quit in the middle of any game by pressing the Escape key.
9	Press the Left-Arrow key to highlight Yes, and then press Return	Game menu	Now let's try another game, except this time we'll use the timer.

Presentation Materials
Product Demonstration

	Do	See	Explain
10	Highlight Food Groups and press Return; highlight Yes to use a timer, then press Return	Instruction screen	For each game except Healthy Foods , you see this instruction screen before you get to the game screen..
11	Read the screen, then press the Space Bar	Game screen	The games work the same with or without a timer, except that, with a timer, you accumulate points for each correct nab, and, of course, you have a certain amount of time to complete as many screens as you can. The time left is shown on the time bar at the bottom of the screen.
12	Play until time runs out	Animated congratulations screen	When your time runs out (or when you make three errors in succession), this screen is displayed. If you have earned enough points, you can enter your initials on the Nimble Nabbers list. If you haven't earned that many points, you'll go back to the Game menu.
13	Press the Space Bar; if you see the Nimble Nabbers screen, enter your initials (if you wish), then press Return; if you see the Game menu, go on to the next step	Game menu	Now we'll go back to the Main menu.

Presentation Materials
Product Demonstration

	Do	See	Explain
14	Press the Escape key	Main menu	Let's look at the Management Options.
15	On the Main menu, press Control-A (hold down the Control key and press the A key)	Management Options menu	This menu lets you set game options, view and clear the Nimble Nabbers list, and turn the joystick option on and off.
16	With Quick-set by Levels highlighted, press Return	Quick-set by Levels screen	This screen lets you choose MECC's estimation of settings appropriate for various grade levels.
17	Press the Escape key; highlight Set Game Options , and then press Return	Set Game Options screen	This screen displays the current option settings for each of the games and lets you make changes. You can turn games on and off to specify which games will appear on the Game menu, specify the number of screens to be completed when the games are played without a timer, and set the vocabulary level for the Healthy Foods game.
18	Press the Escape key	Management Options menu	For detailed information about the Management Options, see the manual.
19	Press the Escape key	Main menu	Now you can explore the program on your own. When you're done, get back to the Main menu and choose Quit to exit the program.

Credits

The MECC team responsible for the development of *Nutrition Nabber* includes Dee Dee Daus, Kevin Neff, Korey Schulz, Paul Wieser, and John Wlazlo.

MECC extends a special thanks to the following teachers and their students for their assistance in the development of this product:

Jim Gersich
Third- and fourth-grade students
Hans Christian Andersen Open School
Minneapolis, Minnesota

Ginny Jones
Karen Mortenson
Sixth-grade students
Jefferson Elementary
Minneapolis, Minnesota

To the Reader:

MECC has made every effort to ensure the instructional and technical quality of this courseware package. Your comments—as user or reviewer—are valued and will be considered during any revision of the product. Please address your comments to:

MECC Software Development
6160 Summit Drive North
Minneapolis, Minnesota 55430-4003

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